

BTEC Sport L2 First Award in Sport Y11

Module 1	Module 2	Module 3
<p>Unit 3: Applying the principles of personal training</p> <p>The ability to improve personal fitness is essential for sports performers. The same knowledge, understanding and skills are required to improve other people's fitness, and are essential for a number of progression opportunities in the sector, such as qualifications for sports coaches and personal trainers.</p> <p>The learning intent for this module is:</p> <p>To improve and enhance personal fitness for one activity/sport by selecting select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve fitness for a chosen activity/sport. The training programme is tailored to meet personal training goals, aspirations and needs. This unit supports personal training goals and helps to develop a training programme to maintain or improve fitness levels, while giving students the opportunity to safely explore other training methods they might not usually experience. Students will explore how the human body responds to training sessions and will gain an awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during exercise.</p>	<p>Unit 3: Applying the principles of personal training</p> <p>The learning intent for this module is:</p> <p>To implement a personal fitness training programme, maintaining a training diary, compiling video footage and evidence. A review of the training programme will be carried out and strengths, areas for improvement and suggested recommendations for future training and performance.</p> <p>Unit 6: Leading Sports Activities</p> <p>There are many roles working in sport that require effective and successful sports leadership, including personal training and coaching.</p> <p>The learning intent of this module:</p> <p>To introduce sports leadership and develop an understanding of the basics of sports leadership. To understand the attributes required to be a successful sports leader. To develop knowledge of the skills, qualities and responsibilities associated with success in sports leadership.</p>	<p>Unit 6: Leading Sports Activities</p> <p>The learning intent for this module is:</p> <p>To understand the planning and leadership requirements for delivering sports activities. To develop knowledge of sports leadership through an understanding of the requirements of planning and target setting for sports performers. To understand how to self-evaluate sports leader skills, attributes and qualities within a planned session.</p>
<p>Key Content to be learned:</p> <p>Unit 3 Learning Aim A: Design a personal fitness training programme</p> <p>A.1 - Personal information to aid programme design Personal goals: specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER)</p>	<p>Key Content to be learned:</p> <p>Unit 3 Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <p>C.1 - Safely implement a personal fitness training programme</p>	<p>Key Content to be learned:</p> <p>Unit 6 Learning Aim B: Undertake the planning and leading of sports activities</p> <p>B.1 – Sport Activities Individual sports, team sports, fitness activities.</p>

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<p>Short-term, medium-term goals, long-term goals</p> <p>Aims</p> <p>Objectives</p> <p>Lifestyle and physical activity history.</p> <p>Medical history questionnaire.</p> <p>Attitudes, the mind and personal motivation for training.</p> <p>A.2 - Programme design.</p> <p>Use personal information to aid training programme design.</p> <p>Selection of appropriate training method/activity for improving/maintaining the selected component of fitness.</p> <p>Safe design: appropriate method/selection of an appropriate combination of activities to meet personal training needs, goals, aims and objectives.</p> <p>Application of the basic principles of training - Frequency, Intensity, Time and Type (FITT).</p> <p>Application of the additional principles of training.</p> <p>Selection of appropriate activities for warm-up.</p> <p>Selection of appropriate activities for cool down.</p> <p>Creative design.</p> <p>.</p> <p>Learning Aim B - Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training:</p> <p>B.1 – Musculoskeletal System</p> <p>Location of the major muscles.</p> <p>Location of the major bones.</p> <p>Structure and function of the synovial joints.</p> <p>Short-term effects of fitness training on the musculoskeletal system.</p> <p>Planning for progressive overload to encourage micro tears in muscle fibres.</p> <p>B.2 – Cardiorespiratory system.</p> <p>Structures of the cardiovascular system</p> <p>Structures of the respiratory system</p>	<p>Using an appropriate training method.</p> <p>Taking part in planned sessions.</p> <p>Understanding the importance of commitment.</p> <p>Wearing correct training clothing.</p> <p>The safe and correct use of equipment.</p> <p>Implementation of the correct technique.</p> <p>Awareness of wider safety issues.</p> <p>C.2 - Training diary for each session recording.</p> <p>Date, time and location for training undertaken.</p> <p>Aims and objectives for each session.</p> <p>Session duration.</p> <p>Type of training undertaken.</p> <p>Programme details.</p> <p>Log of personal performance and achievements.</p> <p>Resources required.</p> <p>The principles of progressive overload.</p> <p>Details of programme intensity.</p> <p>C.3 – Measure for success</p> <p>Types of motivation – intrinsic and extrinsic.</p> <p>Benefits of motivation and self-confidence.</p> <p>Motivation for training.</p> <p>Adaptation</p> <p>Commitment</p> <p>Achievement – personal aims, goals, objectives.</p> <p>Learning Aim D: Review a personal fitness training programme</p> <p>D.1 – Review programme.</p> <p>Review, including short term physiological effects, improvements as a result of the programme to meet the activity/sport goal.</p> <p>Evidence of modifying the programme to achieve planned personal goals.</p> <p>Strengths – areas of the programme where and how personal aims and objectives have been achieved with reference to measure of success.</p>	<p>B.2 – Plan</p> <p>Participants - Age, ability, gender, numbers, medical and specific needs.</p> <p>Aims and objectives, target setting, expected outcomes.</p> <p>Resources</p> <p>Warm-up</p> <p>Pulse raiser</p> <p>Mobiliser</p> <p>Stretching</p> <p>Main component of activity.</p> <p>Cool down.</p> <p>Pulse lowering activities.</p> <p>Stretch</p> <p>Health and safety considerations.</p> <p>Risk assessment: environmental and injury prevention.</p> <p>B.3 – Lead</p> <p>Demonstration of attributes.</p> <p>Completion of core responsibilities.</p> <p>Completion of wider responsibilities.</p> <p>B.4: Measures of success</p> <p>Coverage of planned components.</p> <p>Meeting set aims and objectives.</p> <p>Organised.</p> <p>Safety</p> <p>Learning aim C: Review the planning and leading of sports activities</p> <p>Topic C.1: Review</p> <p>Feedback for review</p> <p>Methods</p> <p>Strengths and areas for improvement</p> <p>Topic C.2: Targets for development</p>
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BTEC Sport L2 First Award in Sport Y11

<p>Short-term effects of fitness training on the cardiorespiratory system.</p> <p>Increased heart rate and breathing rate during fitness training activities to supply oxygen to working muscles.</p> <p>Increased build-up of lactic acid as a result of increased intensity in the main component.</p>	<p>Area for improvement: where outcomes do not meet planned goals.</p> <p>Recommendations for improving future training and performance.</p> <p>Unit 6 – Leading Sports Activities</p> <p>Learning Aim A: Know the attributes associated with successful sports leadership</p> <p>A.1 – Sports leaders Sports coaches, fitness instructors, school/college coaches, local club coaches, national club coaches, amateur coaches.</p> <p>A.2 – Attributes Skills -communication, organisation of equipment, knowledge Advanced skills - activity structure, target setting, use of language, evaluation. Qualities - appearance, enthusiasm, confidence Additional qualities - leadership style, motivation, humour, personality.</p> <p>A.3 – Responsibilities. Core responsibilities - professional conduct, health and safety, equality. Wider responsibilities - insurance, child protection, legal obligations, ethics and values, rules and regulations.</p>	<p>SMARTER targets</p> <p>Development plan</p> <p>Aims and objectives</p> <p>Goals</p> <p>SMARTER targets</p> <p>Activities and opportunities</p>
<p>Key Tasks for this module:</p> <p>Unit 3:</p> <ol style="list-style-type: none"> 1. Learning Aim A.1 – Personal information and programme design including lifestyle, physical activity history and medical history. 2. Assignment 1: Learning Aim A <ul style="list-style-type: none"> - Short, medium and long term goals. 	<p>Key Tasks for this module:</p> <p>Unit 3:</p> <ol style="list-style-type: none"> 1. Learning Aim C – Training Diary and measurement of success. 2. Learning Aim C – Practical performance: Training programme. 3. Learning Aim D – Programme Review. 	<p>Key Tasks for this module:</p> <p>Unit 6:</p> <ol style="list-style-type: none"> 1. Learning Aim B – Planning a successful session. A lesson plan for one activity area. 2. Learning Aim B – Planning a successful session. A lesson plan for one activity area. 3. Learning Aim B – Delivering a successful session

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<ul style="list-style-type: none"> - Clear aims and objectives linking to one component of fitness to improve performance in a selected activity/sport. - A warm up and cool down for each exercise session and an overall summary of the importance of these components - Fitness training methods - A table that describes the application of intensity to the chosen activities and considers the additional principles of training (specificity, progressive overload, reversibility, rest and recovery, individual needs and differences, variation). - A justification of why training activities are included in programme design. <p>3. Learning Aim B – Structure and function of the musculoskeletal and cardiorespiratory system.</p> <p>4. Learning Aim B – Short-term response to exercise.</p>	<p>Unit 6:</p> <p>4. Learning Aim A: - Newspaper article identifying the attributes and responsibilities associated with successful leadership.</p>	<p>4. Learning Aim C – Review the planning and leading of a sports activity.</p>
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